

# Externship Training Program

**2006–2007**

**PSYCHOLOGY**

**Russell Lemle, Ph.D.**  
**Director of Training**  
**Psychological Services/Mental Health Service**  
**Mail Code (116B)**

**VA Medical Center**  
**4150 Clement Street**  
**San Francisco, Ca 94121**  
**(415) 750-2004 Phone**  
**(415) 750-6987 Fax**



## **TABLE OF CONTENTS**

|   |           |
|---|-----------|
| <b>PREFACE.....</b>   | <b>3</b>  |
| <b>PROGRAMS:</b>  |           |
| • <b>GERIATRICS/EXTENDED CARE.....</b>  | <b>4</b>  |
| • <b>HEALTH PSYCHOLOGY.....</b>   | <b>5</b>  |
| • <b>NEUROPSYCHOLOGY.....</b>   | <b>6</b>  |
| • <b>POSTTRAUMATIC STRESS CLINICAL TEAM (PCT).....</b>  | <b>7</b>  |
| • <b>SUBSTANCE ABUSE DAY HOSPITAL (SADH) &amp;<br/>        OPIOID REPLACEMENT TEAM (ORT).....</b> | <b>8</b>  |
| • <b>COMMUNITY MENTAL HEALTH.....</b>   | <b>9</b>  |
| <b>APPLICATION.....</b>   | <b>10</b> |
| <b>AGREEMENT.....</b>   | <b>15</b> |

**APPLYING FOR PSYCHOLOGY EXTERNSHIP TRAINING  
SAN FRANCISCO VA MEDICAL CENTER  
TRAINING YEAR 2006-2007**

We are offering externship training this year in the areas of Health Psychology (with Dr. Timothy Carmody), Neuropsychology/Assessment (with Dr. Johannes Rothlind), PTSD Clinical Team (PCT) (with Dr. Victoria Tichenor), Geriatrics/Extended Care (GEC) (with Dr. Michael Drexler), Substance Abuse Program (with Dr. Yong Song) and Community Mental Health with an Emphasis on Substance Abuse and Posttraumatic Stress Disorder (PTSD) (with Dr. Patrick Reilly). A copy of our Psychology Predoctoral Training Program brochure is available on this website, if you would like more information about our training site. On the following pages are specific descriptions of the externship experiences.

Please indicate clearly which experience(s) you are applying to in the “goals” section of this application. On the application cover page, please rank order your preferences if you are applying in more than one area.

It is important that applicants be aware that we make a clear distinction between “internship” and “externship” training, and applicants are asked to sign a brief statement at the end of our externship application so as to avoid any misunderstanding. We use the term externship to denote a part-time (less than 40 hour/week) unfunded practicum experience with a concentration in a particular area. The confusion sometimes arises because such a training experience may be termed an “internship” by your program, however, we reserve the term internship for our full-time, funded, APA-accredited training slots.

It is expected that an applicant for externship plans to go on to a full time internship training later in his/her graduate education. The hours accrued as an extern at our medical center are not counted for California licensure.

To apply, please complete the enclosed application materials as soon as possible. For questions about the specific rotations, you may contact Drs. Carmody, Drexler, Rothlind, Tichenor or Reilly at the number below. After your application file is complete, we may contact you to arrange an interview. Application deadline is **February 8, 2006**.

While we will make efforts to coordinate our externship selection with the CAPIC selection guidelines, we are not a member of that organization and we are ultimately not bound by its rules.

We are looking forward to reviewing your application. For additional information/questions, please contact:

Russell Lemle, Ph.D.  
Director of Psychology Training  
(415) 221-4810, ext. 2348

Kellie Rollins, Psy.D.  
Postdoctoral Fellow  
Externship Coordinator  
(415) 221-4810, ext 2827

RL:gp  
Enclosures

**2006-2007 PREDOCTORAL EXTERNSHIP TRAINING**  
**Mental Health Service/Psychological Services 116B**  
**Nursing Home Care Unit**  
**San Francisco VA Medical Center**

**GERIATRICS/EXTENDED CARE**

Director: Michael Drexler, Ph.D.

Training in the Geriatrics and Extended Care (GEC) Line at SFVA includes involvement at the Nursing Home Care Unit (NHCU) and Home Based Primary Care Program (HBPC), and may involve some activity in the Geriatrics Clinics. Trainees are under the supervision of Michael Drexler, Ph.D. GEC trainees (i.e., Psychology Externs or Postdoctoral Fellows attached to GEC) generally contract for 16-20 hrs/wk (at the discretion of Dr. Drexler). Graduate level trainees who have the best experience are usually in their 3<sup>rd</sup> year or beyond, and can function within a complex interdisciplinary environment. Some aspects of the experience include the following:

I. Seminars/Meetings

- A. Weekly Geropsychology seminar--didactic presentation one week with rotating case presentations and case discussion
- B. Attendance at Selected Interdisciplinary Team Meetings--NHCU/HBPC: interdisciplinary teams meet weekly to discuss patient issues, and trainees are expected to attend and provide feedback and suggestions directly to the team
- C. Geriatric psychotherapy seminar--weekly case conference

II. Intervention/Psychotherapy—

- A. Supportive psychotherapy interventions
  - 1. NHCU--often issues related to adjustment, depression, chronic pain, and interpersonal functioning in a nursing facility--also, end of life issues especially with those in palliative care (hospice)
  - 2. HBPC--similar issues, but with experience in making home visit
- B. NHCU/HBPC--behavioral case management: evaluation and consultation to team about approaching various individuals with problematic behavior such as non-adherence to medical treatment regimen, confusion, manipulation, and so forth.
- C. Environmental interventions--suggestions regarding environmental manipulation to address behavioral issues and cognitive loss, both at the NHCU and in-home through the HBPC.

III. Assessment

Assessment--neuropsychological and psychological, with complex questions related to such things as capacity for decision making, differential diagnosis, treatment compliance, and so forth. Differs from the general Neuropsychological/Psychological Assessment rotation in that patients are in a SNF and/or HBPC, and in the choice or focus of tests/assessment techniques.

**2006-2007 PREDOCTORAL EXTERNSHIP TRAINING PROGRAM**  
**Mental Health Service/Psychological Services 116B**  
**San Francisco VA Medical Center**

**HEALTH PSYCHOLOGY**

Director: Timothy P. Carmody, Ph.D.

**Description of Current Predoctoral Externship Training**

The Health Psychology Program provides clinical training in various aspects of behavioral medicine, including pain management and cognitive-behavioral treatment of anxiety, depression, and somatoform disorders. Clinical training is provided in other aspects of behavioral medicine including adjustment to chronic illness, smoking cessation, weight control, and treatment of psychophysiological disorders. The predoctoral externs in Health Psychology provide psychological consultation and conduct stress and pain management therapy (both group and individual), biofeedback, and hypnotherapy. In addition, they co-lead weight control groups and serve on interdisciplinary teams in the areas of pain management and smoking cessation.

**Supervision**

Clinical supervision is provided by Timothy P. Carmody, Ph.D., Director of Health Psychology Program. Supervision is provided in weekly one-on-one sessions, case conferences, and co-therapy experiences in cognitive-behavioral groups. Externs also participate in interdisciplinary case conferences.

**Didactic Training**

There is a weekly Health Psychology Seminar. Topics include chronic pain, psychophysiological disorders, coronary-prone behavior, stress management, smoking cessation, cognitive-behavioral therapy, biofeedback, and hypnosis. There are also presentations on various topics in general medicine including coronary heart disease, hypertension, diabetes, chronic obstructive pulmonary disease, and cancer.

**Predoctoral Externship Positions**

There are two predoctoral externship training positions available in the Health Psychology Program during any given training year. Predoctoral externship training in Health Psychology is structured as a part-time (16-20 hours/week) training experience over a 12-month period. The training year begins on July 1<sup>st</sup> and continues through June 30<sup>th</sup>.

Predoctoral externs in Health Psychology spend their time as follows:

| <u>% Effort</u> | <u>Hrs/wk</u> | <u>Training Activity</u>  |
|-----------------|---------------|---------------------------|
| 75              | 11-15         | Direct patient care       |
| 10              | 2             | Seminar/didactic Training |
| 15              | 3             | Supervision               |

**2006-2007 PREDOCTORAL EXTERNSHIP TRAINING PROGRAM**  
**Mental Health Service/Psychological Services 116B**  
**San Francisco VA Medical Center**

**NEUROPSYCHOLOGY**

Director: Johannes Rothlind, Ph.D.

The externship in Neuropsychology is a one-year half-time position (approximately 20 hours per week). The training year begins on July 1<sup>st</sup> and extends to June 30<sup>th</sup>.

The Neuropsychology Program provides training in neuropsychological evaluation and consultation. Externs participate in weekly didactic training and case-conference meeting (2 hours). A variety of assessment techniques are taught and practiced, and basic psychometric principles are reviewed. Trainees gain experience applying a hypothesis-testing approach to the neuropsychological evaluation, and learn to select and integrate methods from clinical interviewing, intelligence testing, cognitive screening assessments, the Halstead-Reitan and Boston Process approaches to neuropsychological assessment, projective testing, and traditional self-report techniques (MMPI-2, PAI, NEO-PI-R, etc.). Basic neuroanatomy is also reviewed in these seminars. Further opportunities are available for attendance at brain-cutting and psychiatry and neurology rounds.

The Neuropsychology Program evaluates inpatient and outpatients from all programs of the SFVAMC, inpatient and outpatient, and patients referred from VA clinics and programs in the surrounding region. Trainees will have an opportunity to perform evaluations and participate in the weekly multidisciplinary Memory Disorders Clinic, and may also consult to the multidisciplinary triage clinic of the Mental Health Outpatient Service. Other patients are scheduled individually for appointments in our clinic or are seen at the bedside.

Trainees participate in all phases of patient evaluation and consultation, including information gathering, assessment, scoring and interpretation, report writing and case-conferences, feedback and counseling.

Johannes Rothlind, Ph.D. is the supervising psychologist for this training experience, and has been the Director of the Neuropsychology Program at the SFVAMC since May, 1995. Prior to joining our Service, he served on the faculty of the University of Maryland School of Medicine (1992-1995), where he also provided training and supervision in the area of clinical neuropsychology. He is licensed as a Psychologist in California.

## **2006-2007 PREDOCTORAL EXTERNSHIP TRAINING PROGRAM**

### **Mental Health Service San Francisco VA Medical Center**

#### **POSTTRAUMATIC STRESS CLINICAL TEAM (PCT)**

Director: Victoria Tichenor, Ph.D.

The Posttraumatic Stress Disorder Clinical Team (PCT) at the Department of Veterans Affairs Medical Center, San Francisco, offers 16 hour psychology practicum placements (externships). The PCT serves veterans with military combat trauma and sexual trauma sustained while in military service. We serve veterans from WWII, Korea, Vietnam, Persian Gulf and Iraq as well as from other modern deployments. Trainees will gain experience with in depth assessment and individual and group psychotherapy for PTSD. Supervision is provided by Victoria Tichenor, Ph.D., a licensed psychologist and Shira Maguen, Ph.D.

Supervision breakdown is as follows:

- One hour weekly with Ph.D. psychologist
- One hour weekly with postdoctoral psychology Trauma fellow
- One hour weekly group supervision of assessment with PCT staff, postdoctoral fellow, psychology interns and psychiatry residents
- One hour weekly didactic covering clinical issues, biology, theory, research and trainee case presentations
- One hour weekly group psychotherapy consultation with Ph.D. psychologist and postdoctoral fellow. Videotapes utilized.
- One half hour with co-therapist following group therapy meetings

Psychology trainees will learn assessment of trauma and formulation of treatment plans for people diagnosed with PTSD, taking into consideration their level of symptoms and functioning. They will gain experience in various treatment modalities including psychodynamic, exposure and cognitive behavioral models (DBT, Seeking Safety) for individual and group psychotherapy. Our goal is for the extern to come away with an in depth understanding and ability to treat the far reaching sequelae of trauma upon an individual's biology and relationship with self, other and world.

**2006-2007 PREDOCTORAL EXTERNSHIP TRAINING PROGRAM**  
**Mental Health Service**

**SUBSTANCE ABUSE PROGRAMS**  
**Substance Abuse Day Hospital (SADH) &**  
**Opioid Replacement Team (ORT)**  
Director: Yong S. Song, Ph.D.

The Substance Abuse Programs (SAP) in the Mental Health Service is comprised of several programs combined to address the individual and diverse treatment needs of substance dependent veterans. Externs will have the opportunity to train in both the Substance Abuse Day Hospital (SADH) and the Opioid Replacement Treatment Program (ORT). The SADH is a 2-week intensive day program geared towards persons in early recovery. This program is often the first step in the recovery process for veterans at the SF VA Medical Center, where Vets participate in intensive substance abuse treatment to prepare them for less intensive outpatient programs to continue their recovery work. In addition to the SADH, externs will receive training in the ORT. The ORT is an outpatient substance abuse treatment program geared towards primary opioid dependent patients. The majority of ORT patients also have co-occurring psychiatric and medical disorders, as well as problems with other illicit and licit substances (e.g., stimulants, alcohol, nicotine, benzodiazepines). The SAP programs functions as multidisciplinary teams, including a psychologists, psychiatrists, nurses, addiction therapists, occupational therapists, and vocational rehabilitation specialists.

This externship will provide graduate students in clinical psychology an opportunity to learn about substance use disorders and the interactive effect substance abuse has on psychological, medical, and psychosocial treatments for patients in a hospital setting. Training opportunities include participation in daily patient rounds as a member of the multidisciplinary team (nurses, occupational therapist, addiction therapists, psychiatrists, and social worker), assessments, co-facilitation of psychotherapy groups, and individual psychotherapy cases. The majority of SAP patients have co-occurring psychiatric and medical disorders, as well as problems with other illicit and licit substances (e.g., stimulants, alcohol, nicotine, benzodiazepines). Therefore, by the end of the training year, externs will be proficient in the diagnosis and treatment of substance use disorders among populations with co-occurring psychiatric and medical conditions. These clinical experiences will be supplemented with weekly individual supervision by Yong S. Song, PhD, a licensed clinical psychologist, clinical supervisor for the ORT program, and Assistant Clinical Professor in Psychiatry at UCSF School of Medicine. In addition, externs may participate in a didactic substance abuse seminar.



# **2006-2007 PREDOCTORAL EXTERNSHIP TRAINING PROGRAM**

## **Mental Health Service**

### **SANTA ROSA VETERANS AFFAIRS COMMUNITY BASED OUTPATIENT CLINIC**

#### **COMMUNITY MENTAL HEALTH (EMPHASIS ON SUBSTANCE ABUSE AND POSTTRAUMATIC STRESS DISORDER)**

Director: Patrick Reilly, Ph.D.

The Santa Rosa Veterans Affairs Community Based Outpatient Clinic (CBOC) is a satellite clinic of the San Francisco VA Medical Center. The CBOC serves veterans residing in Northern California and offers treatment and services for both medical and mental health problems. The Mental Health Clinic provides services for an array of mental health problems, such as depression, substance abuse, and posttraumatic stress disorder.

The Mental Health Clinic offers two 16-hour a week externships to predoctoral or postdoctoral students enrolled in local APA accredited psychology programs. The primary focus of the externships is on substance abuse and posttraumatic stress disorder (PTSD), although other mental health problems are also addressed. The extern will function as part of a multidisciplinary team consisting of psychologists, psychiatrists, social workers, counselors, and clinical nurse specialists. The extern will receive clinical and didactic training in the assessment and treatment of substance abuse, PTSD, and other mental health problems, and will learn individual and group therapy skills, cognitive behavioral techniques, and gain exposure to psychopharmacology. Training is under the direction of Patrick Reilly, Ph.D. and weekly supervision is provided by Dr. Reilly and Stephen Pennington, Ph.D., both licensed psychologists.

There is a specific focus on a phase-oriented model of substance abuse treatment that emphasizes group treatment, although individual therapy is provided when clinically indicated. PTSD treatment is provided with a largely here and now focus, although a more intensive trauma focus approach is offered to those patients who can benefit from this more in-depth type of therapy. Other treatments options available to the extern are anger management and stress management groups. The extern will also participate in a weekly substance abuse and PTSD training seminar focusing on evidence based treatment.

Deadline: **February 8, 2006**

Please Type

APPLICATION

San Francisco VA Medical Center  
Psychology Externship Training Program

Please rank order those areas of training to which you are applying:

\_\_\_\_\_ Health Psychology  
\_\_\_\_\_ Neuropsychology/Assessment  
\_\_\_\_\_ Geriatrics/Extended Care  
\_\_\_\_\_ Substance Abuse  
\_\_\_\_\_ Community Mental Health  
\_\_\_\_\_ Posttraumatic Stress Disorder

Identifying Information:

Name \_\_\_\_\_ U.S. Citizen \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Work Phone: (    ) \_\_\_\_\_ Home Phone: (    ) \_\_\_\_\_

Graduate School \_\_\_\_\_ Director of Training \_\_\_\_\_

Program APA Approved? \_\_\_\_\_ In Clinical? \_\_\_\_\_ In Counseling \_\_\_\_\_ For Ph.D./Psy.D.? \_\_\_\_\_

Describe status in graduate program, both current and anticipated as of July 1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Completion of course work for Ph.D.? \_\_\_\_\_; Completion of Qualifying Examinations? \_\_\_\_\_;  
(If not, estimate completion date \_\_\_\_\_) (If not, estimate date \_\_\_\_\_)

Completion of Dissertation? \_\_\_\_\_; If not, estimate date \_\_\_\_\_

Application Checklist (Please make sure you have completed all parts below):

\_\_\_\_\_ Completion of parts I, II, III, IV, and V of Application (attached).  
\_\_\_\_\_ Three letters of recommendation sent to support your application.  
Note: One of these must be from your Graduate School Training Director or Head of your Department. It should include the Director's approval of your seeking placement at the SFVAMC, confirmation of your graduate student standing, and description of where you are in your graduate training.  
\_\_\_\_\_ Graduate Transcript. Feel free to clarify any part of your transcript which needs it (e.g.,  
Course titles, grading system, etc.).

\_\_\_\_\_ Recent Vita and any other additional information you would like to provide.  
\_\_\_\_\_ Four self-addressed mailing labels.

**Mail Application Materials to:**

**Kellie M. Rollins, Psy.D.  
Externship Program Coordinator  
Psychological Services 116B  
Mental Health Service  
4150 Clement Street  
San Francisco, CA 94121**

- I. Please describe your outpatient clinical experience (including clinical settings, patient or client population, duties in each setting, and approximate number of supervised clinical hours in each setting). Also indicate if you expect to obtain additional outpatient clinical experience between the time of your application and the beginning of the externship. Discuss the nature of your supervised outpatient experience.

Total Number of Outpatient Hours Now: \_\_\_\_\_

Total Number of Outpatient Hours Expected by July: \_\_\_\_\_

- II. Please describe your inpatient clinical experience (including clinical settings, patient or client population, duties in each setting, and approximate number of supervised clinical hours in each setting). Also indicate if you expect to obtain additional inpatient clinical experience between the time of your application and the beginning of the externship. Discuss the nature of your supervised inpatient experience.**

**Total Number of Inpatient Hours Now: \_\_\_\_\_**

**Total Number of Inpatient Hours Expected by July: \_\_\_\_\_**

**III. Please describe your assessment experience (including the names of the psychological/psychometric tests you have administered/interpreted). Approximate the number of each test you have given and the nature of the supervised experience you have received. Also indicate if you expect to acquire more assessment experience before July.**

- IV. Please discuss your goals for the externship. Be specific regarding the types of clinical experiences you are seeking. Also, please describe how these goals fit within your overall plan for clinical training during graduate school.**

**V. Agreement Regarding Representation of Training Experience**

I, \_\_\_\_\_(printed name) understand that I am applying a training experience with the Psychological Services/Mental Health Service, San Francisco VA Medical Center that is classified as an “Externship.” Should I be accepted, I agree to represent this training at all times as an “Externship,” and I agree not to represent it anywhere (whether verbally, on a CV, to a license agency, etc.) as an “Internship” or as part of an internship. While my graduate school may count this externship experience toward its internally defined criteria for satisfying “internship” requirements, I will make sure that it does not represent to anyone externally that I obtained part or all of an “internship” at the SFVAMC.

\_\_\_\_\_

**Signature**

\_\_\_\_\_

**Date**